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THE ASSOCIATED PRESS

School board at odds with expert

TRANSGENDER POLICY

Academic says Catholic Supt. out to actively 'silence' dissent



**Braeden
Jones**
Metro | Edmonton

As the Edmonton Catholic School board is set to discuss a transgender-inclusive policy Tuesday, an expert on the subject charges he's not only been excluded from the process, but that the district superintendent threatened his job.

Kris Wells, faculty director for the institute for sexual minority studies and services at the University of Alberta, was brought into early meetings with the district by the mother of a seven-year-old transgender girl, but later barred from subsequent meetings.

Wells continued to be peripherally involved, adding commentary online through

Twitter and acting, as he says, within his mandate as an academic and subject matter expert.

But an email from May that Wells shared with Metro shows district superintendent Joan Carr went over Wells' head to complain about his "relentless tweets and 'disparaging comments,' to his then supervisor.

She said he had spread misinformation and that the comments should be made known to the University.

Wells said Carr never took up her concerns with him directly and he interpreted the email as an attempt "to silence me and have me dismissed from my job at the university."

"It raises questions of whether there can be genuine policy or resolution if the superintendent is out to actively silence voices in the community."

Neither Carr nor anyone else from the Catholic board could be reached Monday.

More coverage, p. 6

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PROJECT WATCH

Metro watches as coalition of inspectors hit apartments

 **Ryan Tumilty**
Metro | Edmonton

The building manager of the Lord Nelson apartments is visibly stressed as inspectors point out problem after problem with the four-storey walk-up in West Edmonton.

The man, who didn't want to speak with Metro, has a lot of unaddressed problems in his building. From a lack of smoke detectors in some units, to shaky railings in the stairways, to the three apartments health authorities have already declared unfit for tenants, his Thursday would end with a long list of urgently needed repairs.

Project Watch began with Edmonton police last year and quickly expanded to include a host of social agencies. The initial focus was motel rooms for which the provincial government shelled out thousands of dollars each month. Many were

in a deplorable state.

At the Lord Nelson, the Project Watch team fills the narrow hallways, manager in tow. The tight quarters are made worse by the washing machine half blocking one hallway and the fridge on the stairs, issues the fire inspector wants dealt with immediately.

Edmonton police Det. Kevin Fald said having all of the agencies on site at one time can make a real difference in an immediate way.

"You are getting to see what the impact is when we gang up on a place like this," he said.

The team consists of police, fire inspectors, health inspectors, staff from Alberta Works and Child and Family Services, city staff and Occupational Health and Safety officers. With their different perspectives, they find a lot of issues that need to be addressed.

Fald said the police role during inspections is to help out and keep the peace — but added the building has been a magnet for police calls, including a stabbing earlier this month.

"For us, from a crime and disorder perspective, you can see that all of these issues combined are making it a haven for criminals to stay," he said.



Left: Det. Kevin Fald and City of Edmonton compliance supervisor Brent Craig stand outside a west-end apartment building the team was touring last week. Top right: a water-damaged ceiling in the mechanical room has a bucket set up to catch leaks. Bottom right: three of the units in the building were declared unfit for tenant occupation but are stacked with storage. KEVIN TUONG/FOR METRO

Along with Fald, local beat officers are on hand for the inspection and try to assure the building manager they can help with problem tenants or disruptions in the future.

He said the other benefit of having all the agencies present during inspections is the communication that takes place. While police identified the first properties for Project Watch to focus on, now all of the agencies can bring forward locations for the team to inspect.

"Everyone is sharing their intelligence, so you're coming in with your eyes wide open or at least having a better idea of what you are walking into," said Fald.

AHS inspector Phi Phan has worked with the team since last year and agrees the links are valuable.

"We don't always go at the same time, sometimes we go separately, but in the end it's the communication that is important," he said.

He said they have encountered

units with all kinds of problems.

"Every place is going to be unique, and there are some units that require a lot of work and some that require not that much, even in the same building," he said.

Rick Adams, director of inspections with Occupational Health and Safety, said the agency got involved with the project when they realized that workers in the motels and apartment buildings are at risk as well.



You are getting to see what the impact is when we gang up on a place like this.

Det. Kevin Fald

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Elections Canada saw a steady pace at advance polls this past week. There is now only one week left until election day. RYAN TUMILTY/METRO

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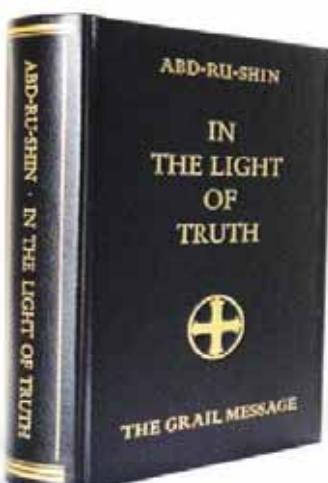
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Record turnout before E-Day

DEMOCRACY

Advance polls kept busy over Thanksgiving weekend

 **Ryan Tumilty**
Metro | Edmonton

Many Canadians carved out some time from their Thanksgiving weekend to vote, with a record number showing up at advance polls.

As of Sunday, more than 2.4 million Canadians had cast their ballots, which is 16 per cent more than in the three days of advance polling in 2011.

Elections Canada spokeswoman Leanne Nyirfa said the agency hopes this will mean a higher turnout overall, but they won't know until after the election.

"It's hard to tell until we get all the numbers," she said.

Advance polls were still open Monday, but those numbers were not available as of press time.

Elections Canada expected to be able to have voting totals, including riding-by-riding break downs, as early as Tuesday.

Nyirfa said if someone missed the opportunity over the weekend, there will be more opportunities on Tuesday.

"You can still vote at any Elections Canada office until Tuesday at 6 p.m. and you can also still apply to vote by mail until 6 p.m. Tuesday," she said.

Nyirfa said some locations did see line-ups and delays but explained part of that has to do with the restrictions on advance polls, which only allow one ballot box per poll.

"It's a longer process for sure, especially if you need to register and vote."

She said that isn't the case on election day, and whereas there are only 505 advance polls in Alberta, there will be more than 7,000 places to vote on Oct. 19.

Chris Bako was among those



Canada is changing, and I don't know if it's definitely for the better.

Chris Bako

casting his vote early at the Victoria School for the Arts on Monday.

He said he appreciates the convenience.

"It's just good to get it out of the way. I have the day off," he said, adding that he feels it's extra important to cast his ballot this time.

"Canada is changing and I don't know if it's definitely for the better."

Tyler Golly also marked his ballot Monday and said it's an important part of being a citizen.

"I always think it's important to have your voice heard and be part of the process; otherwise you can't complain if you don't like the result," he said.

LABOUR

Northlands CEO speaks with press

 **Tim Querengesser**
Metro | Edmonton

All 38 attendants Northlands severed last week after discovering a potential million-dollar fraud within its parking operations could nonetheless be rehired by Impark, according to CEO Tim Reid.

"There will be opportunities for people to reapply,"

Reid said at a news conference Friday. "We try to hire the best people we possibly can. (But) we do see concerns around cash handling and those individuals that were let go."

Reid's comments suggest Northlands is using the discovery of \$1.2 million yearly in potential parking fraud as an opportunity to radically transform its entire parking operations, now worth \$6 million in yearly revenue.



Tim Reid speaks with reporters on Friday. METRO

He explained the impending loss of drivers parking at Rexall Place for Oilers games is part of a larger shift in Northlands' business and that to allow for continued loss of parking revenues was no longer acceptable.

"With the new Rogers Place coming online, some of the activities that we will provide will be different," he said. "And quite frankly, with that fact, that million dollars (in potential losses in parking revenues) became incredibly important to recognize as quickly as possible."

After firing its parking staff, Reid and the Northlands board replaced them by outsourcing parking operations to Vancouver-based parking giant Impark.

The new parking contract sees Northlands pay Impark's staff an hourly wage "very similar" to what it paid its own staff, Reid said.

But thanks to the staffing changes, Northlands is already seeing more parking revenues stay rather than leave like before, he said.

ENERGY

Reactor set to turn off

Ryan Tumilty
Metro | Edmonton

The University of Alberta's SLOWPOKE nuclear reactor will be turned off for good later this year when the 37-year-old research reactor is decommissioned. Here's what you need to know.

What does SLOWPOKE stand for?

Safe LOW-POWER Critical Experiment is the acronym for the reactor that first went online in 1977 in the Dentistry-Pharmacy building on the main campus.

The school's vice-president of research, Lorne Babiuk, said the reactor used for testing materials produces very little power and was "almost like running a toaster or an oven."

Why is it being decommissioned?

Babiuk said there are new tools that can do what SLOWPOKE does, and it just isn't worth the continued investment.

"It's not being used at full capacity and in order to use it at full capacity would require us to acquire a few more professors," he said.

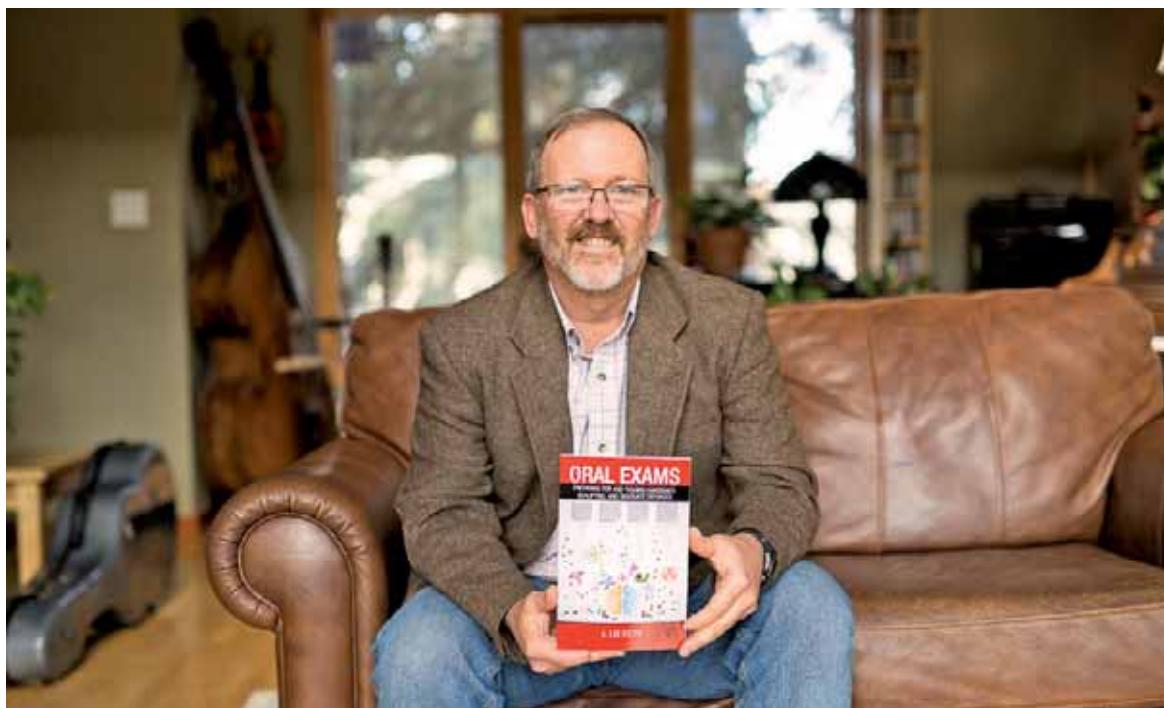
Is there any risk to decommissioning it?

"It's a very, very small reactor and the processes are very well established so there is really minimal risk," said Babiuk, adding that trained individuals will work on the reactor once it is decommissioned.

What will it cost?

The decommissioning could cost between \$5 and \$6 million, Babiuk said.

"The longer we would have delayed the costs keep going up."



University of Alberta professor Lee Foote's new prep book promises to take guesswork out of oral exams. KEVIN TUONG/FOR METRO

MISSING PERSON

Search for teen continues

Even after seven years, a local mother has not lost hope that her son will be found.

This Thanksgiving weekend, on the seventh anniversary of his disappearance, family and friends of Dylan Koshman held a candle vigil at the location where he was last seen.

"We still need that closure so we can have peace," said Koshman's mother, Melanie Alix.

Born and raised in Moose Jaw, Koshman was only in Edmonton for six months before disappearing on Oct. 11, 2008.

Around 2 a.m., after an argument with his roommates, Dylan left his home near 104th St. and 33rd Ave. His girlfriend reported him missing on Oct. 15 and he hasn't been seen or heard from since.

Alix said she was grateful for the support of all those at the vigil and encourages anyone who knows something to step up.

"If anybody can help us, please come forward. It's one little thing you could do to help a lot of people," she said.

Presently there are no new leads on his disappearance, but Koshman's family hasn't given up.

They continue to hand out flyers, check shelters, and have even lobbied for a national DNA database to help match DNA of missing persons to unidentified remains.

"When people die it's different. You have a chance to say goodbye, you know where they are," Alix said.

Anyone with information on Koshman's disappearance can call the Edmonton Police Service at (780)423-4567, or #377 from a cell phone.

Anyone who wishes to remain anonymous can also call Crime Stoppers.

TARYN BRANDELL/FOR METRO

First oral exam guide for students created

EDUCATION

Five to seven per cent reportedly fail



Andrea Ross
Metro | Edmonton

A University of Alberta professor has written the first guidebook to preparing for oral exams, which, some would call are a right of passage for every graduate student.

Wetland ecology professor

Lee Foote wrote the guidebook after witnessing some cringe-worthy oral exams from otherwise gifted students.

The oral exam is the pass or fail moment of a graduate student's academic career, and failure can mean wasting four years of time and money.

"It's a make or break sort of thing, and that's why there's so much pressure," Foote said. "I've seen some terrible failures at pivotal junctions of (students') careers."

There are about 7,500 graduate students at the U of A. Master's students must

complete one oral exam, and PhD students must complete two. About five to seven per cent of them will fail their exam, Foote said.

Because there are currently no other guidebooks on the market to help students prepare, Foote said students previously had to rely on word of mouth or online preparation methods — not the most reliable or accurate ways or gauging the test, he added.

"Oral exams are seen by graduate students as a real cloak and dagger sort of thing," Foote said. "Sometimes they walk into the exam and the question is

totally different from what they envisioned it to be, so it's a perfect train wreck."

The exam can be up to four hours and tests students' knowledge of their subject, ability to communicate, integrity and on whether they would be good colleagues.

Foote's 202-page guidebook contains funny stories, practical advice and practice questions. It sells for about \$43.

"Uncertainty about this exam is very debasing and very difficult for students," he said. "No one that reads this book and follows this advice should ever fail an oral exam."



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CALGARY

Uber says 10k used the app last month



**Helen
Pike**
Metro | Calgary

Calgary, Uber is watching you.

In a blog post Monday, the company revealed their watch-and-see approach with a map of Calgary showing more than 10,000 blue dots, each representing a person in Calgary in September who opened the app for the first time.

Last week, after having worked with the company and other ride-share groups interested in entering the market for months, the City of Calgary voted down a limousine bylaw change that many suggested would "pave the way" for Uber.

Coun. Evan Woolley said it's clear council is suffering from a generational gap, and although they may not like it, Uber is coming.

"This is happening, and it's not 'if it's going to happen.'"

We think we have this massive amount of control, but this is the way that consumer and citizens and people want to get around," said Wooley. "The taxi system as it sits now is not feasible in the future.

"Our job is to facilitate this radical shift in how people want to get around."

It's no surprise the map shows a huge concentration of demand in the city's core, but Uber also noted a need in communities like Falconridge, Signal Hill and Arbour Lake.

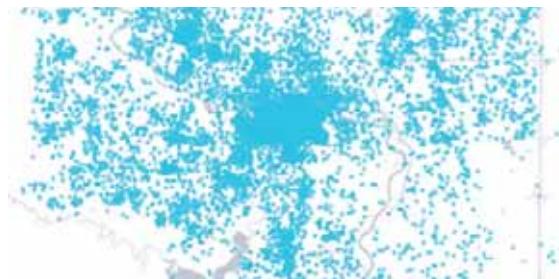
Currently Uber doesn't offer services in Calgary, but it does in Edmonton.

"There is a massive evolution and shift happening especially in how millennials and other people are using technology to get around and we've seen mas-

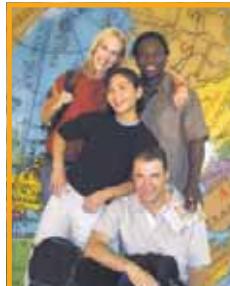
sive success with car2go in the city," said Ward 8 councillor, Evan Woolley.

Currently Uber doesn't offer services in Calgary, but it does in Edmonton.

"Our job is to facilitate this radical shift in how people want to get around."



A partial map of Calgary showing how many times the app was used in September by potential customers. COURTESY UBER



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A sign marks the entrance to a gender-neutral restroom at the University of Vermont in Burlington, VT. The Edmonton Catholic board has been working most of the year to draft an inclusive policy. TOBY TALBOT/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Trustees to debate inclusiveness policy

EDUCATION

Catholic school proposal not enough, says U of A professor



**Braeden
Jones**
Metro | Edmonton

Edmonton Catholic School trustees will debate a second draft policy to protect transgender students Tuesday, but a local expert is already saying it misses the mark.

"It's far from being complete or comprehensive," said Kris Wells, a U of A professor who

specializes in sexual minority studies and vocal LGBTQ advocate.

"The policy is so vague in its generality it is almost meaningless," he said. "The policy has no specific protections for transgender students, no details, and the whole issue of washroom use for example, which was the core of this issue ... is not addressed."

A month has passed since trustees last discussed a policy draft, and that one had specific clauses noticeably absent from the standalone policy being debated Tuesday.

On Sept. 23, the board met with Education Minister David Eggen and committed to bringing forward a policy this week.

**The policy is
so vague in
its generality,
it is almost
meaningless.**

Kris Wells

Trustee Marilyn Bergstra said she does not expect a repeat of the September meeting, in which infighting over policy and Catholic doctrine marred the issue.

"This has nothing to do with undermining the Catholic education system," she said. "For me it is about putting something

clear and definitive in place so when principals or teachers are faced with a situation, they know exactly what the board expects to help that child."

Trustees also committed to a comprehensive consultation process, which will run until a Nov. 24 meeting when the policy will be ready for a second time.

Wells said there is room for amendments following "significant consultation" because as the policy draft stands, it tells transgender students "we'll tolerate you," but does little more.

"(We need) a much more comprehensive and robust policy that moves away from toleration towards accommodation and respect, anything less is not acceptable."

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Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. – Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. 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Trudeau fires back at Harper

 ELECTION 2015

Liberals go for middle class with promises of tax cuts

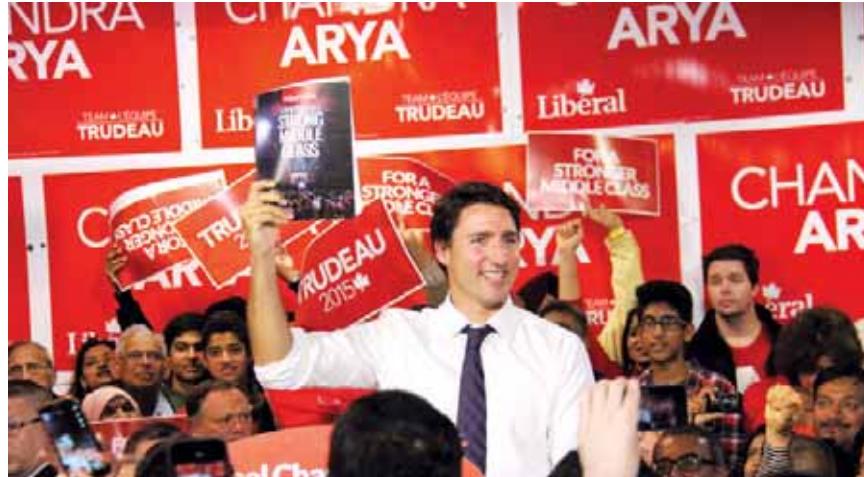

Joe Lofaro
 Metro | Ottawa

It might be a marathon election, but the top three party leaders are showing no signs of slowing down in the final week on the campaign trail.

Liberal leader Justin Trudeau drew a raucous crowd of about 300 supporters to Barrhaven on Thanksgiving Monday, a day when most people take the day to recover from their food coma.

That wasn't the case for the hundreds of people who lined the sidewalk to get inside campaign headquarters for Chandra Arya, the Liberal candidate in the hotly contested riding of Nepean.

The new riding will be one to watch after Tory incumbent



Liberal Leader Justin Trudeau speaks to a large crowd Monday inside the campaign headquarters of Chandra Arya, the Liberal candidate in Ottawa. JOE LOFARO/METRO

Pierre Poilievre's name will not be on the ballot for the first time in more than a decade. He's running in nearby Carleton, leaving Nepean up for grabs for fresh faces.

The Liberals and Conservatives are neck-and-neck in the riding, according to a poll con-

ducted for Postmedia released last week.

Trudeau's visit wasn't only a significant show of force; it could give Arya, a former high-tech executive, banker and engineer, a leg up in the close race.

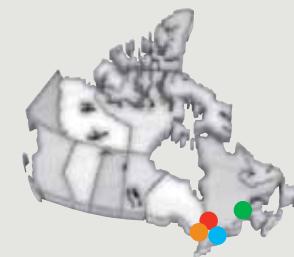
"He's an incredibly strong part of a great Liberal team right

across Ottawa, right across the country that are going to make real change happen," Trudeau said of Arya to a loud round of applause from the crowd.

His speech spoke to the middle class voter, with a promise to introduce a tax cut for the middle class and a child benefit



WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Toronto and London.

- **Justin Trudeau** will be in Toronto, Kitchener and Mannheim.

- **Tom Mulcair** will be in Oshawa, Toronto and Brampton.

- **Elizabeth May** will be in Nanaimo.

if elected on Oct. 19.

"Unlike Stephen Harper's tax credits, you won't have to wait to get your money. You will see more money on your paycheque right away," said Trudeau.

Meanwhile, Conservative leader Stephen Harper took direct aim at Trudeau Monday in Waterloo, with a game-show style attack on tax credits he said the Liberal leader would eliminate.

"For some families, that could be a Liberal tax hike of up to \$2,000 a year," said Harper.

"These are real benefits. Only the Conservative party in this

election is committed to keeping these dollars where they belong — in the pockets of hard working Canadians."

But Trudeau fired back at the Conservative leader, saying he wouldn't be clawing back any of the boutique tax credits for families that Harper was warning about.

"It highlights that we have a Prime Minister right now who is busy misleading Canadians with untruths," said Trudeau. "I'm going to let my opponents continue to focus on me. I'm staying focused on Canadians."

WITH FILES FROM THE CANADIAN PRESS

ECONOMICS

Harper's math on Liberal tax hikes doesn't always add up

Conservative Leader Stephen Harper played game show host Monday to demonstrate the thousands of dollars Conservatives claim would be taken from the average family's pocket if Liberal Leader Justin Trudeau were to win power on Oct. 19.

To the constant "ka-ching, ka-ching" chirp of a cash register,

Nicole Ropp, a married mother of three, piled up \$20 bills as Harper rhymed off a list of a purported tax increases Canadians can expect from a Liberal government. For the Ropp family, it all added up to about \$8,000, according to Harper.

However, Harper's list included a number of alleged tax

hikes that aren't on the Liberal agenda and omitted a number of other measures aimed at giving middle class families more, not less, money.

What Harper said: A Liberal government would limit contributions to Tax-Free Savings Accounts.

What Liberals are promising:

This is correct. Liberals would cap the annual amount Canadians can sock away in TFSA at \$5,500, rolling back the Harper government's recent increase to \$10,000.

What Harper said: Liberals would "cancel child care cheques for some families ... That's nearly \$2,000 per year

per child under the age of six and over \$700 for children between 6 and 17 — gone." For the Ropp family, he said that would amount to a loss of \$3,360 per year.

What Liberals are promising: Harper didn't mention that the Liberals are proposing to replace the Conservatives' existing uni-

versal child care benefit with a new monthly, tax-free child benefit. Liberals maintain their benefit would give more money to 90 per cent of Canadian families than they currently receive. However, the benefit would be gradually phased out for those earning more than \$150,000.

THE CANADIAN PRESS

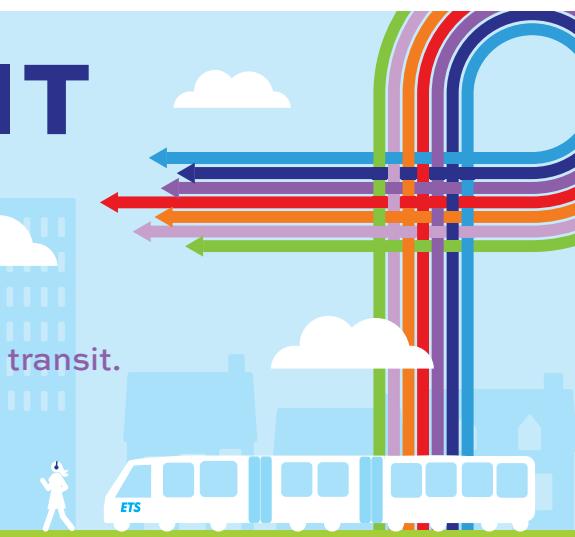
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 7:00 pm - 9:00 pm
 Central Lions Centre, 11113-113 St.



Register: online at edmonton.ca/WhatMovesYou or call 311.

Edmonton



READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



Moderator Laura Payton, left, and panelists Alejandra Bravo, Katherine Hensel, Kate McInturff and Angela Robertson participate in Up For Debate, a forum on women's issues held in Toronto on Sept. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saying 'women's issues' needs to go

 **ROSEMARY WESTWOOD**
Metro

If there's one thing every woman can agree on, it's a distaste for the term "women's issues."

The phrase has all the modernity of a knitted doily.

But it has been used over and over again in this election — by politicians, by activists and by ordinary women heading to the polls.

One of the most surprising things about talking to young voters these past few weeks is how often I heard that phrase. From a university student in Alberta, from a small-business owner in Ottawa, from women who I expected would emphasize other things, job prospects in the case of the former, or tax policy in the later.

Instead, almost every woman in my small sample size told me "women's issues" was top of their voting list.

Then, most of them told me how much they hate this term. Regardless of their political affiliations, their reasons are the same: Why segregate things important to half of Canadians into some kind of niche market? Why mischaracterize family issues, like child care, as belonging somehow only to women?

The answer has to be: we're stuck.

We're stuck somewhere in between the old sexist construction of society, and some new place of equality.

One very articulate and persuasive young woman told me structural sexism in Canada has all but disappeared, but I can't agree.

"Women's issues" is an ill-named talking point in this election precisely because, though it feels sometimes that we live in an equal society, statistically, we do not.

I won't repeat all the numbers. You can look up data on the pay gap, gender ratios in government and business leadership, violence against women, and access to housing.

You can learn about the racial implications of all of the above.

Of course, those who would argue that we don't need to advocate for women have a point: Things are different these days.

And if I only looked at my own life, which has been blessed in a multitude of ways, I would probably agree that women and men are treated equally. (I found out otherwise only after telling one feminist professor in university that "feminism is dead")

Many things keep me hopeful. A women-only surfing competition in Tofino. Feminist-themed ads for Ronda Rousey's next UFC fight. Take also this conversation among pre-teens gushing about their future on a streetcar, as overheard by a friend.

"I'm going to do good in high school, and go to the

University of Guelph, and then work in a lab so I can pay for my dorm!"

"I'm going to have a house with TWO cars!"

"I'm going to go to college and have four dogs!"

"I'm going to live in MIAMI!"

Still, like other women I've talked to ahead of this election, I would vote on a "women's issues" ticket if I could.

But no party is offering it. Some have nodded in its direction while forming their main message around your money (Liberals and NDP), some have ignored it altogether (Conservatives). Elizabeth May is (unsurprisingly) by far the most impassioned, articulate and committed to addressing inequality, but she runs a party created to respond to environmental issues, and she will not be our next prime minister.

Even the laudable Up For Debate effort, which saw every leader but Harper interviewed on women's issues, will hardly change the election outcome.

For it to do that, we'd have to stop using the phrase "women's issues" altogether. We'd have to see gender inequality as a generally Canadian problem.

The usefulness of such an antiquated phrase proves that we need to work harder to make it obsolete.

If we don't find a new way of talking about it, the next election will be no different.

QUICK GUIDE: 'WOMEN'S ISSUES'

Here's a breakdown of campaign promises and legislative measures from the **NDP**, **Liberals** and **Conservatives**.

CHILD CARE

NDP:

- Would honour Universal Child Care Benefit.
- Would create \$15-a-day national child care program.
- Would create a million child-care spaces.

ECONOMIC EQUALITY

NDP:

- Would introduce a 50% female quota for boards of federal organizations.
- Introduced a bill that resulted in removal of tax on feminine hygiene products.

VIOLENCE AGAINST WOMEN

NDP:

- Would invest \$40 million over four years to restore cuts to women's shelters.
- Called for a national inquiry into murdered and missing aboriginal women.

Liberals:

- Would introduce a tax-free monthly Canada Child Benefit for families with children and annual income below \$150,000.

Liberals:

- No legislation or campaign promises

Liberals:

- Called for a national inquiry into murdered and missing aboriginal women.

Conservatives:

- Increased Universal Child Care Benefit to \$160; added monthly benefit of \$60 for children age six to 17.
- Introduced "income splitting" for couples.

Conservatives:

- No legislation or campaign promises

Conservatives:

- Pledged to combat crimes against women via strict enforcement and stiff prison sentences.

CAMPAIGN MOMENTS



A little selfie-indulgence

Liberal Leader Justin Trudeau poses for a photo with a supporter in Ottawa on Monday; meanwhile, NDP Leader Tom Mulcair gets in on a group selfie in Maple Ridge, B.C. Whose turned out better? That's for the Instagram commenters to decide.

PAUL CHIASSON/THE CANADIAN PRESS; RYAN REMIORS/THE CANADIAN PRESS

LATEST POLL

LIB 37% CON 31% NDP 23%

Source: Forum/Toronto Star

Mohamed Fahmy back in Canada

TORONTO

Released from Egyptian prison last month

A Canadian journalist who was released from prison in Egypt last month has returned home.

Mohamed Fahmy, a former Al-Jazeera journalist detained on terror-related charges, arrived in Toronto on Sunday.

"Happy Thanksgiving Canada! Walking the streets of Toronto with my wife is a truly liberating feeling! We feel safe, free, & at home! #Love," he said Monday on Twitter.

His arrival ends his nearly two-year ordeal in a case that raised questions about Egypt's commitment to free speech.

Fahmy was arrested in 2013 with two Al-Jazeera English colleagues. He was sentenced to three years in prison in a retrial

this year for airing what a court described as "false news" and coverage biased in favour of the now-banned Muslim Brotherhood.

The case was widely condemned. He and his Egyptian co-defendant, Baher Mohammed, received a presidential pardon last month. The other colleague, Australian Peter Greste, was previously released.

Fahmy left Cairo last week after learning his name had been removed from a no-fly list. He stopped first in London, where he was to meet with his high-profile lawyer Amal Clooney.

Fahmy is scheduled to attend a press conference hosted by Canadian Journalists for Free Expression at Ryerson University on Tuesday.

He has said he plans to take up a position as an adjunct professor at the University of British Columbia's school of journalism in Vancouver. He is also writing a book about his experiences.

THE CANADIAN PRESS



Former Al Jazeera bureau chief Mohamed Fahmy during a talk at the Frontline Club in London, Wednesday Oct. 7.

TIM IRELAND/THE ASSOCIATED PRESS

ONTARIO

Teen asks EU to help Canadian father detained in U.A.E.

A Windsor, Ont., teen whose father has been detained in the United Arab Emirates for more than a year will be raising his case with European Union officials this week.

Marwa Alaradi's trip to Brussels is the 18-year-old's latest effort to free her father,

who has been languishing behind bars since last August.

Salim Alaradi, a 46-year-old Canadian businessman, has not been charged and has not been able to communicate with his family since March. No explanation has been provided on why he's

being held.

It's been a difficult experience for the teen's family, who said they've been appealing to anyone who may be able to exert influence to win her father's freedom.

"We're trying to spread the word around the world

and let other countries know about this dark side of the U.A.E.," his daughter told The Canadian Press. "We're going specifically to the EU because they have relations with the U.A.E. We want the parliament to know what is going on in those secret

prisons."

Members of Alaradi's family and human rights advocates are expected to meet with a number of EU parliamentarians on Tuesday to discuss what role the parliament could play to help resolve cases like Alaradi's.

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998. He was living in Vancouver with his family when he decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

THE CANADIAN PRESS

RICK MERCER REPORT

TONIGHT Rick roars down the streets in
The Red Bull Soap Box Race in downtown Montreal

#rickmercerreport

ALL-NEW
TONIGHT 8

MARS ONE

Contestants welcome news of running water

Members of the space community are excited about NASA's recent announcement that Mars appears to have flowing water, while two Canadians who hope to take a one-way trip to the red planet say it increases the chances of human beings surviving the harsh environment.

Johanna Hindle, a British Columbia high-school teacher, is one of six Canadians who remain in the running in the plan by Mars One, a Dutch-based organization, to establish a colony on Mars by 2027.

The Canadians are among 100 finalists from around the world on the Mars One short list. Hindle says they will be whittled down to 24 in September 2016.

In the meantime, the news that Mars has liquid water has brought a smile to her face.

"Running water is a bit of

a hopeful way of putting it. I heard it's briny sludge, which I thought was a really good description of what's happening up there," Hindle said in an interview.

But nothing has made her change her mind about taking the no-return trip.

"I know the dangers are unimaginable and the challenges are out of this world, but the opportunity to do this; I've yet come across anything that would shake that in me,"

she said.

The president of the Canadian Space Society also welcomed the liquid-water announcement, saying it would, hopefully, allow the success of some future colony or establishment on Mars.

Scientists confirmed the existence of frozen water on Mars in 2008.

THE CANADIAN PRESS



Turkana people wait in a line to receive food from Oxfam in Kenya in August 2011. TOBIN JONES/THE ASSOCIATED PRESS

Great famines vanish: report

HUNGER

Call for end to restrictions placed on aid

Calamitous famines appear to have vanished from the planet, but more must be done to eradicate all such scourges, including redrafting U.S. terror laws inhibiting life-saving humanitarian work, says a new report published Monday.

The study, part of the 2015 Global Hunger Index, says it's one of the "unheralded achievements" of the past 50 years: the elimination of famines that cause more than 1 million deaths, and reduction "almost to a vanishing point" of great famines, which cause more than 100,000 deaths.

"The trends are striking," said author Alex de Waal, executive director of World Peace Foundation at Tufts University.

Until the middle of the 20th century, millions died of famine every decade — from 27 million in 1900-09 and more than 15 million in the 1920s, 1940s, 1950s and 1960s to a low of 1.4 million in the 1990s. So far this century, the death toll is near 600,000.

600,000

The famine death toll over the last century. The eradication of famines causing more than 1 million deaths is the one of the "unheralded achievements of the past 50 years."

2015 GLOBAL HUNGER INDEX

He added that they caused life-saving delays as humanitarian agencies hesitated to help in Somalia in 2011.

"It is not helpful to the cause of countering extremism if the U.S. is saying don't help while children are starving to death," de Waal said.

The last calamitous famine was in Ethiopia in 1983-85 and though Africa is sometimes stigmatized as the poster child of such scourges, de Waal said the continent has suffered the fewest great famines, and only two calamitous famines in the past century, the other being the Nigerian famine in 1967-70. THE ASSOCIATED PRESS

HEALTH

Dissolving heart stent passes first test

A new type of heart stent that works like dissolving stitches, slowly going away after it has done its job, passed its first major test in a large study, doctors said Monday.

Abbott Vascular's dissolving Absorb stent performed as well as a conventional stent in the one-year study, but the fact it did not prove superior led some experts to be wary.

Still, the results on this and other novel stents currently

in testing are fueling hope for a new generation of these devices, used on about 850,000 heart disease patients each year in the United States alone.

Stents are tiny mesh cages that keep blood vessels from reclogging after an artery-opening angioplasty procedure. The ones available in the U.S. are permanent implants made of metal, while the Absorb stent, already sold in Europe, is made of a degradable material that's

designed to stay intact, release medicine for a year, then break down over the next two years.

"It holds the artery open long enough for the artery to heal," then completely goes away, said study leader, Dr. Dean Kereiakes of Christ Heart and Vascular Center in Cincinnati. "It can return the artery to its normal, natural structure and function."

In the study, those with the dissolving stent did not prove better than those given a con-

ventional Abbott stent.

The idea of a dissolving stent is attractive, but "promise alone is not enough to make us unconditionally embrace this technology," wrote Technical University of Munich's Dr. Robert A. Byrne, a paid speaker for some rival stent makers.

A longer study underway now "will go a long way toward determining whether this promise will become a reality," he said. THE ASSOCIATED PRESS

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Hundreds march in Turkey to condemn bomb attack

ISTANBUL

Nearly 100 protesters killed at rally on Saturday

Hundreds of people marched through Istanbul and the Turkish capital of Ankara on Monday to condemn the slaughter by suicide bombers at a weekend peace rally, with many venting their anger at the Turkish government itself.

Some demonstrators chanted: "The killer state will be held to account!"

Prime Minister Ahmet Davutoglu, however, rejected accusations by opponents that the government was to blame for the nearly simultaneous attacks Saturday, calling them "dangerous" and "dastardly."

He also denied that they were a result of Turkey's involvement in war in Syria and that the government was



Protesters in Istanbul stand by a barricade they set on fire during clashes with security forces Monday, following a protest against Saturday's Ankara attacks. CAGDAS ERDOGAN/THE ASSOCIATED PRESS

dragging the country into the Middle Eastern quagmire. The government believes two male suicide bombers killed at least

97 people and wounded hundreds at a rally Saturday in Ankara by opposition supporters and Kurdish activists.

"These attacks won't turn Turkey into a Syria," Davutoglu said.

Government opponents

have also accused President Recep Tayyip Erdogan of fomenting violence and ethnic tensions to gain votes for the ruling party in Turkey's Nov. 1 election — an accusation that the Turkish leader rejects.

In the last election in June, a Kurdish party gained support from voters, taking away the ruling party's majority in Parliament — and Erdogan wants that majority back.

Turkish investigators were close to identifying one of the two suicide bombers, the prime minister said Monday, adding that the Islamic State of Iraq and the Levant was the "No. 1 priority" of its investigation.

The rally Saturday was organized by Turkish and Kurdish activists to call for increased democracy and an end to the renewed fighting between Turkey's security forces and Kurdish rebels that has killed hundreds of soldiers, rebels and citizens since July.

THE ASSOCIATED PRESS

IN BRIEF

Trio arrested in Oregon sent back to California

Three transients accused of robbing and killing a Canadian backpacker and a yoga instructor with a stolen gun days apart have been sent back to California from Oregon, where they were arrested. Authorities say Sean Michael Angold, Morrison Haze Lampley and Lila Scott Alligood killed a 23-year-old backpacker in San Francisco's Golden Gate Park on Oct. 3 and then shot to death a 67-year-old tantra yoga teacher, whose body was on a trail north of the city.

THE ASSOCIATED PRESS

Mob kills village mayor

A mob killed a village mayor in western Guatemala in reprisal for an attack on a political rival that resulted in the death of two teenage girls, authorities said Monday.

Prosecutors' office spokeswoman Julia Barrera confirmed the death of 43-year-old Mayor Bacilio Juracan of Concepcion, a town about 180 kilometres west of Guatemala City.

THE ASSOCIATED PRESS

WIKILEAKS

Manning sues FBI

Imprisoned national-security leaker Chelsea Manning is suing the Federal Bureau of Investigation over access to files compiled during the agency's inquiry into her release of classified documents to the WikiLeaks website.

Lawyers representing the Army private formerly known

as Bradley Manning filed the lawsuit last week in the U.S. district court in Washington. The FBI denied Manning's 2014 request to release the records under the Freedom of Information Act, claiming they may be relevant to a pending or prospective law-enforcement proceeding. THE ASSOCIATED PRESS

ISRAEL

PM blames Arab leaders for violence

Palestinians carried out three stabbings Monday in Jerusalem, leaving a teenage Israeli boy in critical condition, and Prime Minister Benjamin Netanyahu angrily accused the country's Arab leaders of helping incite weeks of violence. Two of the attackers, both teenage boys, were killed.

In a fiery speech at parliament, Netanyahu accused Arab parties of "undermining" the country. He called on Israel's Arab citizens to "kick out the extremists among you."

Netanyahu spoke on another bloody day, the latest in a month-long wave of Israeli-Palestinian violence.

In a new setback for efforts to restore calm, the Quartet of Mideast mediators — the U.S., the UN, the European Union and Russia — postponed a trip to the region. Edgar Vasquez, a spokesman for the State Department's Bureau of Near East Affairs, said it was at the request of the Israeli government due to the circumstances.

Israeli police reported three separate stabbings across the city, including an assault by two attackers in the east Jerusalem area of Pisgat Zeev. Police said the pair seriously wounded a 20-year-old man before attacking a teenage boy on a bicycle.

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Prince Turki al-Faisal says oversight of the annual pilgrimage is "a matter of sovereignty."

KAMRAN JEBREILI/THE ASSOCIATED PRESS

Saudi royals won't stop managing hajj

MIDDLE EAST

King Salman calls Iranian comments irresponsible

Saudi Arabia's King Salman said Monday that "irresponsible comments" and criticism of the kingdom's management of the hajj will not affect his country's oversight of the annual Islamic pilgrimage.

It was the king's first official response to denunciations by regional rival Iran, which has questioned Saudi Arabia's custodianship of the hajj following a deadly crush Sept. 24 that killed at least 1,480 pilgrims, according to an Associated Press count based on official statements from nations

whose citizens died.

Iran's death toll of 465 is the highest announced by any country. Egypt's Foreign Ministry said Monday the death toll among Egyptians has climbed to 181, with 53 still missing.

Immediately after the disaster, Iran's leaders accused Saudi Arabia Sunni rulers of mismanagement and ineptitude, and top Shiite clerics and lawmakers are calling on the Organization of Islamic Cooperation to manage the hajj.

In an apparent reference to those comments, Salman said the kingdom "will not allow any hidden hands" to politicize the tragedy and divide Muslims.

"Irresponsible comments that aim to take political advantage of this incident, and cause dissension and division in the Muslim world, will not affect the role of Saudi Arabia and its

769

Number of pilgrims Saudi Arabia's health ministry has said were killed in this year's hajj disaster.

great duty and responsibilities in the service of pilgrims" the king said in remarks carried by the official Saudi Press Agency.

The king delivered his remarks during a Cabinet session in the capital Riyadh.

Salman stressed that Saudi Arabia has been honoured by God to serve Islam's holy sites in Mecca and Medina, and is dedicated to ensuring the comfort and safety of pilgrims, who are commonly referred to by the kingdom as "guests of God."

THE ASSOCIATED PRESS



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{ YOUR }
ambition?

CREATIVE CAREER MOVES

As a graphic designer, Laura Lynn works on bringing form to function. Through NAIT's Computer Training Centre she acquired real-life design and computer skills, sparking her entrepreneurial spirit and enabling her dream career.

MIDDLE EAST

Putin praised in Iraq, Syria

Amid the ornate walls of Damascus' famed Omayyad Mosque, preacher Maamoun Rahmeh stood before worshippers last week, declaring Russian President Vladimir Putin a "giant and beloved leader" who has "destroyed the myth of the self-aggrandizing America."

Posters of Putin are popping up on cars and billboards elsewhere in parts of Syria and Iraq, praising the Russian military intervention in Syria as one that will redress the balance of power in the region.

The Russian leader is win-

ning accolades from many in Iraq and Syria, who see Russian airstrikes in Syria as a turning point after more than a year of largely ineffectual efforts by the U.S.-led coalition to dislodge Islamic State of Iraq and the Levant (ISIL) militants who have occupied significant parts of the two countries.

The reactions underscore that while the West may criticize Putin for supporting Syrian President Bashar Assad, there is some relief in the region at the emergence of a player with a coherent — if

controversial — strategy.

"Putin does more than just speak," said Sohban Elewi of Damascus, summing up the views of Syrians on opposing camps who regard U.S. policy in Syria and Iraq as fumbled and confused.

Russia insists it is targeting ISIL and other "terrorists." But Syrian rebels and opposition activists say Moscow's warplanes in recent days have focused on Idlib and the central province of Hama, hitting U.S.-backed rebels in areas with no ISIL militants. THE ASSOCIATED PRESS

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Report out on flight crash

MALAYSIA AIRLINES

Probe reveals how, not who, behind tragedy in Ukraine

The Dutch Safety Board is publishing its final report Tuesday into what caused Malaysia Airlines Flight 17 to break up high over Eastern Ukraine last year, killing all 298 people on board.

A preliminary report issued last year said the Boeing 777 flying from Amsterdam to Kuala Lumpur likely was hit by multiple "high-energy objects from outside the aircraft," fueling widespread speculation that it was downed by a surface-to-air missile, likely a Russian SA-11 system known as a Buk.

Western authorities pointed blame at Russian-backed separatist rebels fighting Ukrainian government forces. Russia has denied that and blamed the Ukrainian forces, who also denied downing the plane.

What will the report say?
The report addresses four key



A local woman shows pieces of debris in a field near the crash site of the Malaysia Airlines Flight 17 in the village of Hrabove, eastern Ukraine. MSTYSYAV CHERNOV/THE ASSOCIATED PRESS

questions: What caused the crash? Why was the plane flying over a region in the throes of a violent separatist conflict?

Why did it take up to four days for some relatives of the victims to receive official confirmation their loved ones were

on the flight?

To what extent were passengers and crew aware of what was happening?

Investigators also will display a reconstruction of the front section of the plane, pieced together from wreckage.

What will it not say?

It will not directly address who was responsible. The Dutch Safety Board has repeatedly stressed that its mission is not to apportion blame. So even if, as widely expected, it confirms that the

plane was blown out of the sky by a Buk missile, it will not explicitly blame any person or group for firing it.

Will we ever learn who is responsible?

An international criminal investigation is underway to answer that. The team says the theory the plane was downed by a Buk missile is the most likely, but has not ruled out other causes. Prosecutors are investigating several fragments "possibly originating from a Buk" missile system. The possible missile debris was recovered from the crash site. The criminal investigation is expected to continue into next year.

If suspects are identified, where will they face justice?

Countries whose citizens were killed, including the Netherlands, Malaysia and Australia, want to set up an international tribunal to prosecute any suspects. Russia vetoed the move earlier this year at the UN. Ukraine's foreign minister said in July that a fresh attempt would likely be made to establish a tribunal once the final report is published.

THE ASSOCIATED PRESS

IN BRIEF

Helicopter, and five aboard, lost in Indonesia

A helicopter carrying five people is missing in western Indonesia. A spokesman for the National Search and Rescue Agency said the Eurocopter EC-130 was reported missing Sunday 17 minutes after takeoff. It was carrying two crewmen and three passengers. Earlier this month a DHC-6 Twin Otter plane crashed in eastern Indonesia, killing all 10 people on board.

Smuggling ring cracked, ivory, animal parts seized

Chinese authorities announced Monday that they have seized 804 kilograms of ivory along with rhino horns and bear paws. Police in Beijing said a crackdown on the illegal trade and transport of wildlife products led to the haul, worth 24 million yuan (\$3.8 million US). China is the world's largest market for illegal ivory. In February, China imposed a one-year ban on ivory imports.

THE ASSOCIATED PRESS

ESPIONAGE

China holds four Japanese citizens for suspected spying: Media

Two more Japanese citizens are being held in China on suspicion of spying, bringing the total number to four, Japanese media reported.

Japan and China acknowledged last month that two Japanese had been arrested in May on suspected spying char-

ges — one in Zhejiang province and the other near the North Korean border in Liaoning.

Chinese Foreign Ministry spokeswoman Hua Chunying said Monday that Chinese authorities are investigating the latest case and have given Japan relevant information.

She said she was unaware of how many people had been detained. Japan's Foreign Ministry refused to confirm or deny the reports.

The two earlier cases are the only ones linked to spying allegations that the Japanese government has been informed of,

said Kazunari Kotake, an official in the ministry's department in charge of the safety of overseas Japanese.

The government has warned Japanese visitors to China to use extra caution. Japan is not taking any immediate additional steps in response to the

newly reported detentions, Kotake said.

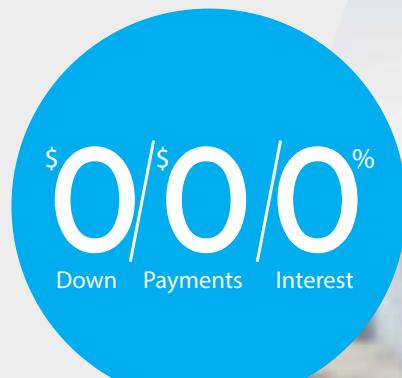
Japanese public broadcaster NHK said over the weekend that the latest cases involved a man in his 60s who was arrested in Beijing, and a woman in her 50s who was arrested in Shanghai. The woman was

the most recent case to surface but both were detained in June, it said.

China enacted an anti-spying law last November, in a move experts said was aimed at increasing surveillance of foreigners' activities in the country.

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Mother Teresa, left, blesses the orphans at her Sishu Bhavan (Children's Home). THE ASSOCIATED PRESS FILE

Orphans in eye of storm

MISSIONARIES

Catholic order ends adoption, won't assist single parents

The Missionaries of Charity, the Roman Catholic order founded by Mother Teresa, has decided to close its adoption services in India after the country amended its rules to make single parents eligible to adopt.

The religious order said that allowing single or divorced parents to adopt goes against its beliefs.

India's Central Adoption Resource Authority reviewed its guidelines in July in an effort to make adoptions more transparent and enable more people to adopt children. It also made it mandatory for all prospective parents to register with the national adoption agency.

Previously, adoption agencies and homes across the country could make it harder for certain people to adopt because there was no national monitoring mechanism.

The new government order states that "any prospective adoptive parent, irrespective of his marital status and whether or not he has his own biological son or daughter, can adopt a child."

The Missionaries of Charity looks after abandoned children,

including those with special needs, at homes across the country called Nirmal Shishu Bhawans.

While the order will no longer place children for adoption, it said it would continue to care for abandoned children who aren't chosen for adoption.

"Missionaries of Charity has decided to discontinue adoption of children at its centres after the government has announced its new guidelines. But the organization will continue to nurture and provide shelters to the destitute and orphan children," said Sunita Kumar, the group's spokeswoman.

A government minister criticized the order's decision.

"They have cited ideological issues with our adoption guidelines related to giving a child up for adoption to single, unwed mothers. They have their own agenda and now when they have to come under a unified secular agenda, they are refusing it," Women and Child Development Minister Maneka Gandhi said last week, after the order had voiced its displeasure with the government's new adoption policies.

There are no official data on the number of children available for adoption in India, though some rights groups believe it's in the tens of millions. But the country's adoption rates have been low, largely because of the amount of bureaucratic red tape involved.

THE ASSOCIATED PRESS

They have their own agenda.
Maneka Gandhi

BANGLADESH

Attempt on pastor's life ends in arrests

Police in northwestern Bangladesh said they have arrested five suspected members of a banned radical group for alleged involvement in an attempt to kill a Christian pastor.

Police chief Alamgir Kabir in Pabna district said Monday that the suspected members of Jamaatul Mujahideen Bangladesh were arrested in raids in the capital, Dhaka, and elsewhere.

The Rev. Luke Sarker, 52, suffered minor injuries when three

men attacked him with a knife at his home Oct. 5. The men had told Sarker that they wanted to learn about Christianity.

The attempt took place days after the killings of two foreigners in the predominantly Muslim country. The Islamic State group claimed responsibility for the attacks on a Japanese agricultural worker and an Italian aid worker. The claim was rejected by Bangladesh's government, which accused

the opposition of trying to destabilize the country.

Earlier, police arrested a member of Islami Chhatra Shibir, the student wing of the opposition Jamaat-e-Islami political party, for alleged involvement in the attack on the pastor.

Kabir said one of the five arrested people is regional chief of the banned group and another was directly involved in the murder attempt. He said they were previously part of the

student wing of the Jamaat-e-Islami party but later became active members of the Jummatul Mujahideen Bangladesh group.

Bangladesh has been struggling in recent months with a rise in violence claimed by hard-line Islamic groups and has banned several that were blamed for killing four secular bloggers this year.

Authorities said they are investigating the killings of the foreigners. THE ASSOCIATED PRESS

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US lion hunter won't be tried

ZIMBABWE

Officials state David Palmer won't be extradited

Zimbabwe is no longer pressing for the extradition of James Walter Palmer, an American dentist who killed a well-known lion called Cecil, a Cabinet minister said Monday.

Palmer can now safely return to Zimbabwe as a "tourist" because he had not broken the southern African country's hunting laws, Environment, Water and Climate Minister Oppah Muchinguri-Kashiri told reporters in Harare on Monday. Zimbabwe's police and the National Prosecuting Authority had cleared Palmer of wrongdoing, she said.

Through an adviser, Palmer declined comment.

Palmer was identified as the man who killed Cecil in a bow



Cecil the lion. AFP PHOTO/ZIMBABWE NATIONAL PARKS

hunt. Cecil, a resident of Hwange National park in western Zimbabwe, was well-known to tourists and researchers for his distinctive black mane.

Muchinguri-Kashiri had said in July that Zimbabwean police and prosecutors would work to get Palmer returned to Zimbabwe to face poaching charges.

On Monday, she told reporters in Harare that Palmer can now safely return to Zimbabwe

as a "tourist" because he had not broken this wildlife-rich southern African country's hunting laws.

"He is free to come, not for hunting, but as a tourist," Oppah Muchinguri-Kashiri told reporters. "It turned out that Palmer came to Zimbabwe because all the papers were in order."

Palmer was the subject of extradition talk in Zimbabwe and a target of protests in the United States, particularly in Minnesota, where he has a dental practice, after he was identified as the man who killed Cecil the lion in a bow hunt. Cecil roamed in Hwange National Park in western Zimbabwe.

Messages left Monday with the U.S. Fish and Wildlife Service, which was handling a U.S. investigation into Palmer, were not immediately returned.

Theo Bronkhorst, a Zimbabwean professional hunter who was a guide for Palmer, returned to court last week on charges of allowing an illegal hunt.

THE ASSOCIATED PRESS



Dentist Walter Palmer arrives back at his office following a lunch break in Bloomington, Minn. JIM MONE/THE ASSOCIATED PRESS

FILE PHOTO

IN BRIEF

Pair detained after fatal shooting at Texas school

Police continued their search for a suspect Monday after releasing two men detained last week in connection with the fatal shooting of an 18-year-old student at Texas Southern University.

Classes resumed Monday at the Houston campus where freshman Brent Randall was killed in a parking lot outside a school apartment complex. A second person was wounded in the gunfire and remained hospitalized in stable condition.

THE ASSOCIATED PRESS

24-hour guard removed from Julian Assange's room

British police removed a round-the-clock guard from outside the Ecuadorian Embassy hideout of WikiLeaks founder Julian Assange, saying it wasn't "proportionate" to keep up the operation when no end to the stalemate is in sight.

The Metropolitan Police said the force would still do its best to arrest Assange, who sought refuge at the London embassy.

The Associated Press

CORRUPTION

Iran convicts Washington Post reporter on espionage charges



This is politicized justice at its worst.

Hadi Ghaemi, executive director of the International Campaign for Human Rights in Iran

ican journalist could face. The ruling is eligible for appeal within 20 days, Ejehi said.

In its report, Iranian state

TV called Rezaian an "American spy."

He reportedly faces up to 20 years in prison.

The Post's executive editor, Martin Baron, called the guilty verdict "an outrageous injustice."

The paper is working with Rezaian's family and legal counsel to swiftly appeal the verdict and push for his release on bail pending a final decision, Baron said.

THE ASSOCIATED PRESS

ANGUS DEATON

Economist wins Nobel prize for work on poverty, welfare

Scottish economist Angus Deaton has won the Nobel memorial prize in economic sciences for "his analysis of consumption, poverty, and welfare," the Royal Swedish Academy of Sciences said Monday.

Deaton, who was born in Edinburgh in 1945, now works at Princeton University in the United States.

The academy said the work for which Deaton is now being honoured revolves around three central questions: How

do consumers distribute their spending among different goods; how much of society's income is spent and how much is saved; and how do we best measure and analyze welfare and poverty?

Last year, French economist Jean Tirole won the 8 million Swedish kronor (about \$975,000) award for his research on market power and regulation.

The economics award is not a Nobel Prize in the same sense

as the others, which were created by Swedish industrialist Alfred Nobel in 1895.

Sweden's central bank added the economics prize in 1968 as a memorial to Nobel.

The announcement concludes this year's presentations of Nobel winners.

The medicine prize went to three scientists from Japan, the U.S. and China who discovered drugs to fight malaria and other tropical diseases.

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Promises affect personal finances

ELECTION 2015

Tax breaks, child care part of pledges on campaign trail

The three major parties have made promises that will affect Canadians' personal finances.

The Conservatives have focused on highly targeted tax breaks to select groups, especially homeowners and seniors, while the Liberals promise sweeping tax breaks for the middle class. The New Democratic Party wants to boost the minimum wage and provide more affordable daycare.

Here's some of the promises:

Home ownership:

Conservatives: say they will increase the amount that first-time home buyers can withdraw from RRSPs from \$25,000 to \$35,000 and introduce a permanent home-renovation



All federal parties are wooing the electorate with vows that their policies will help keep more disposable income in Canadians' pockets. THE CANADIAN PRESS FILE

tax credit for up to 15 per cent of renovations.

Liberals: want to remove GST on new capital investments in affordable rental housing and expand the Home Buyers' Plan to allow Canadians hit by sudden life changes to use RRSP funds to buy a house without a tax penalty.

NDP: aim to build 10,000 affordable housing units.

Personal taxes:

Conservatives: say they'd maintain tax brackets.

Liberals: say they'd cut the tax rate to 20.5 per cent, from 22 per cent, for incomes between \$44,700 and \$89,401. Would introduce a new tax bracket of 33 per cent for those earning more than \$200,000.

NDP: pledge not to raise personal income taxes.

Child care:

Conservatives: raised the amount for a child under six to \$160 a month and introduced \$60 a month for children between six and 17 years.

Liberals: promise to combine social assistance into a monthly cheque for all families with children with incomes below \$150,000.

NDP: say they would introduce \$15-a-day national child-care program.

TORSTAR NEWS SERVICE

EMPLOYMENT

Millennials finding franchises better

Millennials with an entrepreneurial bent are choosing franchises as an opportunity to learn the fundamentals of business without having to reinvent the wheel.

Jose Miguel Aguilera was just 24 when he opened his first Booster Juice location in a Toronto suburb as a franchisee. Now 27, he owns three.

Aguilera said he wanted to put his accounting degree to work and get a taste of the business world with a proven concept.

He funded the \$250,000 in start-up costs for his first outlet with a bank loan, which he says took a lot of convincing despite his solid business plan.

Lorraine McLachlan,

president of the Canadian Franchise Association, said entrepreneurial role models like Mark Zuckerberg give millennials more confidence.

One of the hardest things for many entrepreneurs of any age is coming up with a great idea or product, she said, and buying into an existing idea can be much simpler.

Lawyer Tony Wilson, who wrote a book on buying a franchise in Canada, said investing "sweat equity" in a franchise business can be an alternative for young graduates facing a tough job market.

"To some extent, you're buying yourself a job," he said.

THE CANADIAN PRESS

IN BRIEF

Dell paying \$67 billion for data-storage firm EMC

Dell is buying data-storage company EMC in a deal valued at \$67 billion US. Shareholders of EMC Corp. will receive about \$33.15 US per share. Michael Dell will serve as chairman and CEO.

THE ASSOCIATED PRESS

Five arrested in Air France union violence

French prosecutors say five people have been arrested in connection with an Air France union meeting brawl. Activists assaulted two executives, ripping off their shirts and prompting them to flee over a fence.

THE ASSOCIATED PRESS

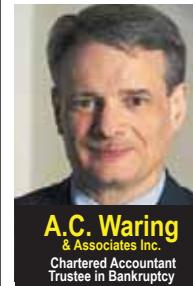
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metrO VIEWS

A new experiment adds to the evidence that some anti-oxidants have cancer-promoting properties — showing again how hard it is to detoxify an entrenched idea from the public's mind.

the big number

44.8%

Was the voter turnout rate on First Nations reserves in Canada during the 2011 federal election — compared to a still lacklustre 61 per cent rate in the country at large. Activist Deanna Carpenter got involved organizing voter registration clinics in the riding of Kenora, Ont., which is home to 40 different indigenous groups, after she discovered many people who try to register to vote online with a rural, remote or on-reserve address get an error message. Carpenter worried the Fair Elections Act, with its stricter ID requirements, might make the low-turnout problem even worse for people who don't have a driver's licence and may need time to send away for other types of ID. Along with former NDP candidate Tania Cameron, she's part of a Rock the Vote campaign — based in Kenora, but capturing attention across the country — that aims to increase turnout in aboriginal communities by 20 per cent this time around. There's a long tradition of ambivalence and even resistance to voting in Inuit, First Nations and Métis communities, where many people identify primarily as citizens of their First Nation or have lost trust in a government system they feel has failed them. Until 1960, Canada's indigenous peoples were not even allowed to vote or become citizens unless they agreed to surrender certain rights — including the right to live with their community on a reserve. SOURCE: CBC

YOUR RIDE

Road work ahead? In Edmonton, there's often no way to know



Jay
Smith

these cities handle disruptions better than Edmonton because, when one route is shut down, the network has viable alternatives.

"In Copenhagen, large construction projects always involve creating cycle path detours that are as safe and physically separate from car traffic as the original path," Thompson says. If this requires building protected detours onto roadways, temporarily restricting car traffic to ensure cyclists are safe, that's what happens.

In Mill Creek, the route closure isn't marked with advance notice, and the barricade is at the bottom of a hill. Dangerous. And with the exception of the High Level, none of these closures are listed on the city's online inventory.

For example, with the High Level, the site says the city is constructing rails on the bridge that will involve, vaguely, "intermittent closures ... in Fall 2015 along both the west and east sides."

Hard to plan a commute around that. Other cities do it better. They communicate closures more effectively, mark them clearly and provide safe detours.

Edmonton should learn. My friend is an architect in London, where he commutes year-round by bicycle. When I asked him how London does it, he sent me a flurry of links that outline, in exhaustive detail, road projects, their timelines, closures, and, if active transit is affected, the safe alternatives are.

Filmmaker Niobe Thompson, who now lives in Edmonton, has commuted via bicycle in places like London and Copenhagen. He says

"Here in Edmonton ... when cycle routes are closed or obstructed, there is no understanding that adults and schoolchildren use these routes and need to be protected from traffic."

The Saskatchewan Drive closure, unlisted on the city's site, is an obvious example. The city said in June that the route would reopen in two weeks, but it's still closed. As Thompson points out, there's been "no safe diversion created" despite the fact that students and commuters rely on the path. The signage is still poor, especially at night, months later.

In places like Copenhagen, Thompson says "the bicycle is king," and as such there's a lot of effort put into keeping cyclists safe. But considering our city's stated 'vision' is to encourage safe, viable active transit, we have no excuse to not be doing better.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life.

Daycare leads to a life of crime? Not so fast



Tara-Michelle
Ziniuk
For Metro

Lock up your toddlers. New research will have you thinking that sending them to daycare will lead to a life of crime. At least in the case of low-cost universal daycare.

Last month, a report from the National Bureau of Economic Research made waves for linking youth crime rates with Quebec's daycare system. Currently, parents in Quebec can access daycare for \$20 per day or less — the cheapest rates in the country. The study looked at all Quebec kids and compared them to kids in other provinces. The children from Quebec had academic success, but had a poor showing in non-cognitive areas such as health, emotional stability and, controversially, crime. The link seems weak at

best. As part of their federal election platform, the NDP is proposing making low-cost daycare available to families across the country, an idea that is being commended by child-care advocates and parents nationwide.

The report makes this provocative link between daycare and crime without explaining why it might exist, or making any suggestions for correcting it. Some point to the methodology as problematic: Only half of the Quebec children studied were even in the daycare program. Economist Stephen Gordon is quoted saying this makes sense as, "The families who made use of the daycare program were not randomly selected; they chose to participate."

Is this true, though? As a parent with a limited income, in Ontario, I, like many other parents in similar situations, took whichever daycare spot came through after being

on waiting lists and waiting on a daycare subsidy. Not all spaces here are subsidized, and the ones that are aren't always at top-quality centres. Are parents who need low-cost daycare in Quebec in this position, too? Were the other half of Quebec families leaving their children with a stay-at-home parent or relative, private care, nannies? The study also fails to account for the reality that Quebec's system, though low-cost, isn't ideal. The province created a system it then didn't properly resource, then, in many cases, allowed for-profit private companies to take over care.

According to the Child-care Resource and Research Unit, for-profit daycare often lacks quality. "In order to find funds to ensure profits, profit-making operations are more likely to skimp on staffing, supplies, equipment and perhaps even food," the research institute wrote in a report.

We must consider that the research showing disappointing outcomes in Quebec could reflect the impact of the quality of care on crime rates, not the availability or cost of care.

Another report, from the Human Early Learning Partnership at the University of British Columbia, says studies maligning Quebec's daycare system contradict "nearly an entire generation of robust and consistent findings that demonstrate the positive effects of quality care on young children" and that "The 'findings' of increased aggression in children could just as easily be attributed to the children who were not enrolled in a child-care program."

If we give the benefit of the doubt to this latest study, then the take-away is that quality matters.

Tara-Michelle Ziniuk is a freelance writer and blogger for Today's Parent magazine.

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ON THE SAME PAGE

You can't take the Leaf out of Zach Hyman's Hockey Hero kids book

Melissa Dunne
For Metro Canada

Athletes aren't exactly known for their book smarts.

And hockey players, in particular, are often depicted in books, movies and the news as monosyllabic, black-eyed, gap-toothed goons.

Zachary Hyman slams those stereotypes up against the boards.

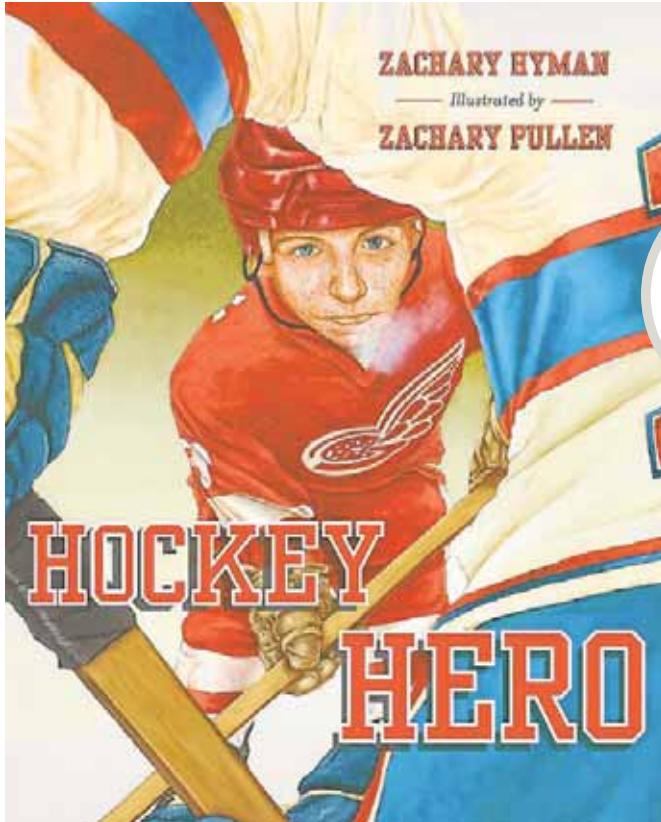
He's a hockey player in Toronto who isn't just hitting the ice with the pros this month — he's hitting the shelves with his second children's book Tuesday.

The 23-year-old was recently signed by the Toronto Maple Leafs, and he's also under contract to write two more books.

The athlete/author is confident he'll be able to stickhandle both writing and skating in the future. After all, he's found the pursuits of the body and the mind complement each other. He likes to write during his downtime as a way to relax and says the schedule of a hockey player can actually be helpful.

"In the off-season I have a lot of time on my hands," said Hyman by phone from Toronto earlier this month.

He's used that spare time off the ice very efficiently over the past few years. On top of writing



his children's books, he recently earned an honours degree in history from the University of Michigan. While still a student at Michigan he published his debut book, *The Bambino and Me*.

His second effort, *Hockey Hero*, is once again illustrated by award-winning illustrator Zachary Pullen.



The book tells the tale of how Tommy Toomay, an eight-year-old with a stutter, eventually finds his "hockey chutzpah."

Hyman certainly has no shortage of chutzpah, going after his passions at full tilt all his life. His free time over the years has been filled with the books familiar to many young men of his generation, from the Harry Potter series to the Game of Thrones books to, yes, the Canadian classic *The Hockey Sweater*.

"I've always loved reading," said the millennial. "I also enjoy writing ... it's an outlet."

While Hyman got sent down to the AHL's Marlies earlier this month, he's taking all the up and downs in stride (or should I say, glide).

Unlike some pro athletes Hyman clearly has brawn and brains. That's a combination that will surely continue to make him someone to be reckoned with on and off the ice.



I've always loved reading.
I also enjoy writing ... it's an outlet.

Pro hockey player and children's book author
Zachary Hyman



WRITING FOR KIDS

Here are a few other athletes who've taken a swing at writing children's books over the years.

Derek Jeter

The retired New York Yankee now has his own publishing imprint and has already published two books aimed at middle-graders: *The Contract* and *Hit & Miss*. There are plans for many more books based on the shortstop's journey from gifted child to adult superstar.



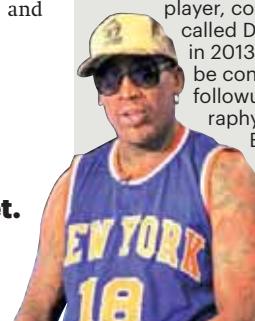
R.A. Dickey

The Toronto Blue Jays pitcher published his anti-bullying picture book, *Knuckleball Ned*, last year. The famous ballplayer is also a famous bookworm, and says Ernest Hemingway's works helped him through a tough upbringing.



Dennis Rodman

Yep, the wild former Chicago Bulls player, co-wrote a kids book called *Dennis the Wild Bull* in 2013. Parents need not be concerned, this is not a followup to his autobiography *Bad As I Wanna Be* and apparently the brightly coloured kids book is dedicated to Rodman's real-life offspring. **MELISSA DUNNE/FOR METRO**



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You are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Don't loan cash to spendthrift siblings

FAMILY MATTERS

Gifts are OK, but lending will lead to resentment

Gail Vaz-Oxlade
For Metro Canada

I've noticed a phenomenon of late where the young'uns in a family who have heeded good advice are hit upon by the young'uns in a family who have not.

Having done without, made hard choices, and built up a solid financial foundation, some siblings find their less-well-off brothers and sisters become angry when they won't cough up some dough.

"C'mon," the broke siblings say, whining like seven-year-olds. "You went on vacation, you have a nice home. I have nothing. Why won't you lend me a couple hundred?"

If you've been the good kid, it seems you have two options:

1. Fork over the dough and grow silently resentful, or;
2. Refuse your sibling's pleas and be labelled selfish.

Things are even worse if you

have a parent who believes that "blood is thicker than water," and that you should do whatever you can to help your poor, unfortunate sister or brother. Hey, you've been lucky — never mind that luck looked more like sweat to you.

If you've been a saver, if you've worked hard and done the things needed to build a good life while your sister or brother partied and shopped and played hooky, there may come a point where your sibling feels dumb for having wasted so much money on coffee and concert tickets.

But it may turn out that they are angry with you for

what they do not have.

I'm sorry, but grasshoppers are like that. What to do, what to do?

You could offer to share your skills at money management. You could gift (if you can afford it and it doesn't mess with your plans) some money to help a sister out, as long as sister follows the new rules.

You could help baby bro look at what he wants long-term and then make a plan for getting from here to there. What you're not going to do — ever — is lend your sib money.

A gift you can afford to give is fine. Lending money will

only lead to further anger and resentment. And you are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Instead, you'll offer to teach them how to take control of their money and their lives. You're going to help them put systems — like a spending journal and a budget — in place. You're going to teach them to fish.

Don't be surprised when you get some push-back. People don't like to face up to the messes they've created.

I saw that when I showed

couples on TV what would happen if they continued their financial misbehaviour for five more years: More debt and more misery.

Your sib may need this kind of reality check to see how current behaviours will play out in the future.

Clearly, they're not thinking about how what they do today will affect their tomorrows. So you'll have to show them.

Sometimes your lessons will stick. Sometimes not. But keep trying.

For more money advice, visit Gail's website at gailvazoxlade.com.

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To my wife: Don't read this book

THE GAME SEQUEL

Neil Strauss' lube-soaked journey to monogamy

Falling asleep at an orgy party. Jumping into threesomes, foursomes and moresomes. Checking into rehab for sex addiction.

These are all real experiences author, journalist and ghost-writer Neil Strauss went through in his quest for true relationship happiness.

In his new book, *The Truth: An Uncomfortable Book about Relationships*, Strauss reflects on his life after the runaway success of *The Game*, a 2005 book about his experience penetrating the world of pickup artists. It brought him Godlike status among insecure males, sex galore and invites to celebrity parties. Then in the late 2000s he got his wake-up call — he got caught cheating on his girlfriend, a blond beauty named Ingrid whom he deeply loved.

He decided to shake up his lifestyle and commit to finding real happiness. He went to

sex addiction rehab for a year. But they broke up, and he followed a different, lube-soaked path through non-monogamy.

Eventually, he found his way back, and he and Ingrid are married with a seven-month-old son. Here Strauss, now in his 40s, talks about his new book.

You have a disclaimer at the front of your book to your wife, Ingrid, saying, "Don't read this." Did she read it?

Yes.

What was her response?
Honestly, it was the best thing that ever happened to our

handle that."

But I think both the idea of me wanting her not to read it at first — and you maybe needing elaboration on that — points to a bigger problem in relationships in that we're scared to show our true selves to someone. And if we don't, are you really having a relationship?

What were you trying to figure out through the whole process?

I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe

of the experience that the problem wasn't relationships, it was me.

What has this journey taught you about monogamy?

It's taught me that we have so many nonsense ideas in our culture that we cling to that keep us from living our lives — and that includes monogamy and non-monogamy. Ingrid and I, our relationship is to do whatever's right for three entities — me, her and the relationship, whatever that may be. (The labels) aren't useful.

There's a lot of talk in the book about sex addiction. Do you think you have a sex addiction? Do you think sex addiction is real?

The answer is I don't know, to both questions. I've definitely had psychological issues preventing me from intimacy. And I definitely think most of the people who I met who are identified as sex addicts, I think they were cheaters (laughs) and had underlying problems that prevented them from intimacy.

TORSTAR NEWS SERVICE



I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works...

Neil Strauss

relationship. There are no secrets and in a sense she feels much safer. "Oh, now that I know everything. I've got nothing really to worry about. That's the worst and I can

in marriage or think it works, so maybe it's time to design a new type of relationship that works better.

Unfortunately or fortunately, I learned over the course



Neil Strauss says fatherhood has brought a sustained level of happiness incomparable to the quick highs of his past life.

CONTRIBUTED

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Rose Reisman EAT THIS

You know you're going to eat fast,
so next time choose this not that

THIS WEEK: Tim Hortons

It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking

for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS

English muffin,
egg and cheese

Ingredients

English muffin, egg and cheese

Calories 270

Fat 10 g

Saturated fats 5 g

Sodium 610 mg

SKIP THIS

Sausage
bagel BELT

Ingredients

Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580

Fat 26 g

Saturated fats 10 g

Sodium 1160 mg

HERE'S WHY

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26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being equivalent to 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

Tangy tea's alcohol level causes clash

REGULATIONS

Kombucha
dealers push
back against
fines in U.S.

Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to

impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha tea naturally walks the line of what federal author-

ties consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast. THE ASSOCIATED PRESS

+ BRIEFS TEENS, CHEATING

Too much screen time may increase risk of high blood pressure in teens

A new study shows that excessive time spent on the Internet can increase a teenager's risk of high blood pressure. The latest finding adds to a growing body of research showing a link between heavy internet use and increased health risks such as addiction, anxiety, depression, obesity and social isolation. In their study, researchers from the Henry Ford Hospital in Detroit found that teens who spent a

minimum of 14 hours a week on the internet had elevated blood pressure. AFP

Men and women see cheating differently, study says

Men and women think of infidelity in different ways, with feelings of jealousy stronger for men when it involves sex, and jealousy ringing higher for women when it involves emotional cheating. Those are the conclusions drawn from a study out of the Norway, which looked at how men and women respond to different types of infidelity.

The data proves interesting particularly as subjects studied were from Norway, where gender equality is higher than the global average: culturally, fathers and mothers share household and child-care duties equally.

Authors theorize that jealousy isn't just 'learned,' but an evolutionary response. That is, for men, sexual infidelity threatens their chances of generating their own offspring. Similarly, emotional infidelity in men represents for women reduced time and investment in childcare. AFP

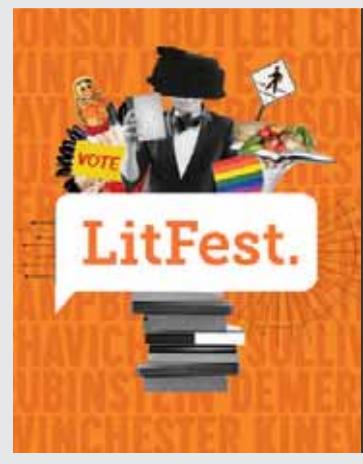
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What's in processed foods and why

INGREDIENTS

New book takes objective look at 75 food additives

Eva Kis
Metro | New York

There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."

Ecological detective
His new book, *Ingredients*, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of The Omnivore's Dilemma to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

What *Ingredients* doesn't do is take sides on whether an additive is healthy or not. "An

SNACKS DECONSTRUCTED
The book also breaks down 25 common foods, like Doritos chips, into their individual ingredients.



Steve Ettlinger's book *Ingredients* strips away the hype and pseudo-science of food additives. DWIGHT ESCHLIMAN

observational perspective can help educate people without conclusions and emotions," explains Eschliman.

Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived

from sources like kelp, while products once thought of as waste now have rock star status, like whey.

Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive,

and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

'Chemophobia'

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia"

for good old water.

The forces that decide what foods end up on shelves are both scientific and political, with a patchwork of agencies trying to keep up with the pace of innovation. If *Ingredients* has one call to action, it's this: Being an educated consumer is the healthiest choice you can make.

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metro SPORTS

Manny Pacquiao says his surgically repaired shoulder is 80-90 per cent healed and he expects to return to the ring in March



MLB IN BRIEF

Astros error breathes life back into Royals' season

Astros shortstop Carlos Correa couldn't handle a deflected grounder that might have been a double-play ball, helping the Kansas City Royals rally for five runs in the eighth inning to beat Houston 9-6 Monday and force their playoff series to a decisive Game 5.

Correa homered twice, doubled, singled and drove in four runs in Game 4 of the AL Division Series. Houston took a 6-2 lead into the eighth, but a tough error charged to the 21-year-old rookie keyed the Royals' comeback to even the matchup at two games apiece.

Game 5 will be back in Kansas City on Wednesday night. THE ASSOCIATED PRESS

Cubs hit six homers to lead Cardinals 2-1 in NLDS

Kris Bryant and Jorge Soler each hit two-run drives and the Chicago Cubs connected for a post-season franchise-record six homers in an 8-6 victory over the St. Louis Cardinals in Game 3 of the NL Division Series on Monday.

Kyle Schwarber, Anthony Rizzo, Starlin Castro and Dexter Fowler also homered, powering Jake Arrieta to another win despite a rare off night for the bearded ace. A third straight win for Chicago on Tuesday afternoon, and the once woebegone franchise will advance to the NLCS for the first time in 12 years. THE ASSOCIATED PRESS

Jays withstand Texas heat

MLB PLAYOFFS

Toronto staves off elimination again to force Game 5 at home

After twice being on the brink of playoff extinction, the Blue Jays are now one win away from the American League Championship Series.

Backed by early Josh Donaldson, Chris Colabello and Kevin Pillar home runs, R.A. Dickey and David Price combined for 7-2/3 innings as Toronto defeated the Texas Rangers 8-4 to tie their AL Division Series at two games apiece.

Game 5 will be back in Kansas City on Wednesday night. THE ASSOCIATED PRESS

The deciding Game 5 goes Wednesday at the Rogers Centre, with hope of a happy ending for Toronto's first foray into the playoffs in 22 years. The home team has yet to win in the series.

Price relieved Dickey with two outs in the fifth and the Jays leading 7-1, meaning Marcus Stroman will likely start Wednesday in what could be a rematch of Game 2 against Cole Hamels.

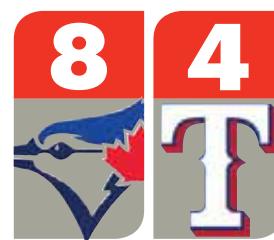
Price threw 50 pitches over three innings, giving up three runs on six hits with two strikeouts. Aaron Sanchez and Roberto Osuna finished it off for the Jays.

"Sometimes the best way to win games is to not let teams back into it," said Toronto manager John Gibbons when asked why he turned to Price out of the bullpen. "I told Price if we get you up (in the bullpen) you're going in."



Blue Jays designated hitter Edwin Encarnacion scores under Rangers catcher Robinson Chirinos on Monday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

ALDS Game 4



defeated Texas 5-1 Sunday on the strength of Troy Tulowitzki's three-run homer.

On Monday, they smacked the Rangers about from the get-go. Texas' ever present NeverEverQuit Twitter hashtag sud-

denly was the Jays' domain.

Toronto led 3-0 before Dickey set foot on the mound. It was 4-0 after two innings and 7-1 after three. Things settled down after that.

The Jays, who managed three home runs in the first three games, matched that total in two innings Monday for a franchise playoff record. It marked the first time the Blue Jays have hit three homers in a post-season game. The team had nine two-homer games.

Rangers third baseman Adrián Beltre returned to the lineup after leaving Game 1 with a lower back strain and had a pair of hits. THE CANADIAN PRESS

APOLOGY

Reynolds said he meant no harm with comment

Television broadcaster Harold Reynolds apologized on Monday and said that he didn't mean to upset Canadians with a comment he made during Game 3 of the series.

After a foul ball by Blue Jays outfielder Jose Bautista in the fourth inning of Sunday's 5-1 win, the FOX commentator said "there's not a lot of people that grew up playing baseball in Canada, they're not used to catching a lot of balls in the stands ... not many people catching that one, anyway."

"Sorry Canada, whole country, if I offended you for that," Reynolds said Monday in an interview on Sportsnet during the pre-game show in Canada. "I'm well aware of the baseball players that have come out of there."

He added he was unaware of the controversy until former National League MVP Larry Walker of Maple Ridge, B.C., called him Monday morning. THE CANADIAN PRESS



Harold Reynolds
GETTY IMAGES

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Harris aids Argos' road-warrior tag

CFL

QB's two TDs help Toronto keep winning

The Toronto Argonauts have become the road warriors of the Canadian Football League.

Trevor Harris threw touchdown passes to Diontae Spencer and Tori Gurley as the Argonauts stretched their winning run to three games, all away from home, with a 25-17 victory over the Montreal Alouettes on Monday afternoon.

Their win in Ottawa last week was supposed to have been a home game, but they were forced out of the Rogers Centre by the Blue Jays playoff run. Their next game, Saturday against the Calgary Stampeders, may be moved to Tim Hortons Field in Hamilton.

"Of course, we'd much rather be in the dome than playing at Tim Hortons, but that's what it is," said coach Scott Milanovich, whose team is 5-4 away from the Rogers Centre. "That's the hand we've been dealt and we're going to play to win."

Brandon Whitaker ran in a touchdown and Justin Palardy kicked a field goal for Toronto (9-5), now tied with the Hamilton Tiger-Cats atop the East Division.

Milanovich feels his team



Toronto's Brandon Isaac, right, tackles Als' Samuel Giguere. GRAHAM HUGHES/THE CANADIAN PRESS

cannot lose more than one of their four remaining regular-season games to take first place in the division and may even have to run the table because the Ticats have the edge in the season series between them.

Tyrell Sutton and B.J. Cunningham scored TDs and Boris Bede had a field goal for Montreal (5-9), which lost a third game in a row before 21,536 at Percival Molson Stadium.

MONDAY in Montreal

25
ARGOS **17**
ALOUETTES

The Alouettes lost yet another quarterback as Rakeem Cato suffered a suspected concussion on a Thomas Miles sack just ahead of halftime and did not return. That brought

in Anthony Boone, the sixth QB they have used this season.

When Boone couldn't move the ball, Tanner Marsh took over in the fourth quarter.

Coach Jim Popp wasn't sure yet which QB will start Sunday at home against Hamilton.

He said Boone and Marsh "will get all the reps in practice, a lot more than they had this week. For them to come in and play was difficult."

THE CANADIAN PRESS

FIFA

Platini, Blatter both suspended

The toppling of soccer's most powerful and recognizable leaders may have been sealed when FIFA President Sepp Blatter agreed to pay Michel Platini, the head of European soccer, 2 million Swiss francs (about \$2 million) in 2011.

Both men told FIFA's ethics committee that Blatter was making good on a verbal promise to pay Platini the bonus, a

person familiar with the case said Monday.

Now, just as Platini was hoping to finally succeed the 79-year-old Sepp Blatter as FIFA's maximum leader, both men have fallen further into disgrace because Platini waited nine years before demanding the payment, despite the lack of a written contract, for work he did helping Blatter cement

his leadership over professional soccer.

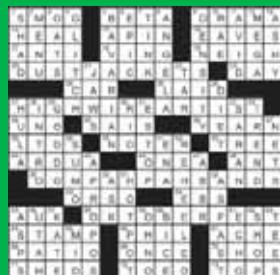
The FIFA ethics committee suspended both men from world soccer for 90 days, and could ban them for years once the probe is complete, the person said, speaking on condition of anonymity because he wasn't authorized to speak publicly about the decision.

THE ASSOCIATED PRESS

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

For more fun and games go to metronews.ca/games



HOCKEY

Jets left on tarmac as Isles fly in Brooklyn

Though it was only their third game of the season, the New York Islanders felt a great sense of relief on Monday.

John Tavares had a power-play goal and added two assists and the Islanders beat the Winnipeg Jets 4-2 on Monday afternoon to earn their first victory in Brooklyn.

"I think we're most excited for ourselves," said forward Ryan Strome, who opened the scoring with a power-play goal at 19:48 of the first period.

"It's great for Brooklyn and great for the fans who have been loud and supportive."

Thomas Greiss made 22 saves and the Islanders sent the Jets to their first loss in three games this season. The home team came out with purpose after losing their opening two games of the season to the defending champion Blackhawks, one in overtime at home and the other in regu-



John Tavares of the New York Islanders celebrates a goal by teammate Brock Nelson. BRUCE BENNETT/GETTY IMAGES

lation in Chicago.

"We seemed to be more in sync and we were hungry on the puck," Tavares said.

Jets goaltender Ondrej Pavelec made a number of key saves in the first as the Islanders had four power-play chances.

THE ASSOCIATED PRESS

NHL ACTION

Stamkos hits 500 in win

Steven Stamkos scored his 500th career point with a tie-breaking power-play goal that sent the Tampa Bay Lightning to a 6-3 win over the Bruins on Monday.

Brian Boyle scored two goals, and Ondrej Palat, Jonathan Drouin and Valtteri Filppula added goals for the Lightning. Ben Bishop stopped 27 shots.

It was Tampa Bay's first win in Boston since March 25, 2010.

THE ASSOCIATED PRESS

Bylsma wins first on Sabres

Rookie star Jack Eichel scored a nifty unassisted goal and Buffalo beat the Columbus Blue Jackets 4-2 on Monday to give coach Dan Bylsma his first victory with the Sabres.

The former Boston University star, picked No. 2 overall in the June draft, Eichel ripped a shot over goalie Sergei Bobrovsky to give Buffalo a 3-1 lead in the third period. THE ASSOCIATED PRESS

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RECIPE Roasted Pork Tenderloin with Sweet Potatoes and Apples



PHOTO: MARY ANN SAWYER

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix the rest of the Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin in between the two rows of fruit and veg. It's fine if they overlap. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil and let meat rest about 10 minutes before serving.

Don't bother telling people how easy this is to make! **Serves 4**

Prep time: 50 minutes

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple like Gala or Honey Crisp)
- 2 tsp thyme, finely chopped
- 1 small sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 - 1.5 kg pork loin
- Salt and pepper

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Winnipeg hockey players
5. WWI fighter plane
9. Shocked reactions
14. Buffalo's lake
15. British band, _ Shaker
16. Enjoy the meal: 2 wds.
17. Hay bundle
18. Mr. Roddick of tennis
19. "Ta-da!"
20. Ink-and-needle artist
23. Questionnaire query
24. Peter of "The Lion in Winter" (1968)
27. Spotted
29. First Nations celebrity chef: 2 wds.
32. Story told backwards?
33. "It's __ brainer!"
34. "No More __" by Mary J. Blige
38. Little 'little'
39. Puzzle
42. The White Stripes drummer
43. Western prop
45. Fitness system, __ Bo
46. Plant that's been on the Earth for millions and millions of years
47. Touchdown-getter's celebratory display: 3 wds.
51. Prehistoric supercontinent
54. Namesakes of TV personality Ms. Fuentes
55. Toronto museum

[acronym]

56. Can be torn, as paper

59. boom

61. Mountain lion

62. Canadian basketball great Steve

66. Pledge of faithfulness, in times

of yore

67. Mr. Clapton

68. "Farewell!"

69. Flip

70. Computer's resting spot

71. Thus

1. 2016 US Presidential candidate, __!

2. Pitcher's stat.

3. Blue Rodeo's " __ I Am Myself Again"

4. Make sure the task gets done: 3 wds.

5. Rideau Canal __ (Wintertime attrac-

tion in Ottawa)

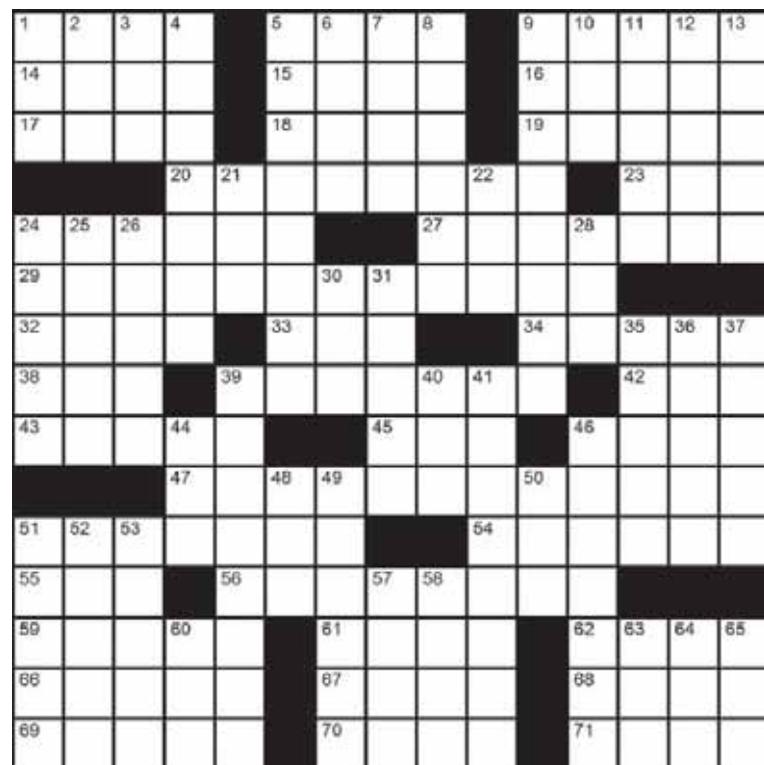
6. Type of football kick

7. Montreal-headquartered foot-wear retailer

8. Saturday or Sunday, to business week workers: 2 wds.

DOWN

9. Prepare: 2 wds.
10. "Fan-tast-ic!"
11. Montreal __ Spice (Type of seasoning)
12. Cleanse
13. Velocity
21. Municipal council member, e.g.
22. Furniture wood
24. Entertainment journalist Nancy
25. Ms. Shire of "Rocky" (1976)
26. Long circles
28. Train co. headquartered in Montreal
30. Pluralled switch position
31. 6/49 or Max
35. Last words in prayers
36. 2008 hit song for Duffy
37. Choreographer Ms. de Mille
39. The Queen's system
40. Paris' suffix
41. Market research information
44. Section, for short
46. Tin-glazed earthenware
48. Agnus __ (Lamb of God)
49. Handled a laser
50. NBA's Mavericks, on scoreboards
51. Histories
52. Shopping venue of ancient Greece
53. Taboos
57. Genuine
58. Quebec 'friends'
60. " __ So Easy!" by The Crickets
63. Oxygen
64. Droop
65. "Yoo-__!"



* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more you try to force events in one direction the more they seem to move in the opposite. Today's new moon in your opposite sign is an invitation to go with the flow. It won't be so bad.

Taurus April 21 - May 21
There is a strong possibility that partners, friends and even work colleagues will be opposed to what you want to do today. Being the stubborn Taurus you are that will only make you more determined to do it.

Gemini May 22 - June 21
You will one day be glad that you were forced to make certain changes, and if you stop struggling and work with them today you will benefit financially and professionally.

Cancer June 22 - July 23
Keep doing what you are doing and keep believing that your input makes a difference. Remember though that a job well done is a job you should also be paid for.

Leo July 24 - Aug. 23
Make this the day you throw out all the emotional junk you have acquired over the past six months or so. If a relationship has become too stifling now is a good time to start putting some distance between you.

Virgo Aug. 24 - Sept. 23
Pace yourself sensibly and make sure you are flexible so you can deal with whatever fate chooses to throw your way. What occurs is likely to catch everyone by surprise, but you will recover faster than most.

Libra Sept. 24 - Oct. 23
Don't give up on something just because it is proving difficult. Today's new moon in your sign indicates that if you stick it out a little longer you will get the breakthrough you have been hoping for.

Scorpio Oct. 24 - Nov. 22
Don't take it to heart if certain people seem to be avoiding you. It does not mean they no longer like you. The most likely reason is that they don't want to burden you with their woes.

Sagittarius Nov. 23 - Dec. 21
What happens over the next 24 hours will take most people by surprise, but not you. You have sensed for quite some time that a big change was coming, so you will be ready for it. Help those who take it hard.

Capricorn Dec. 22 - Jan. 20
You have no time for trivial ambitions and still less time for trivial people and what happens today and tomorrow will make it clear to everyone that you are a serious player.

Aquarius Jan. 21 - Feb. 19
Yesterday's Sun-Uranus link broke up something that once seemed so solid and stable and today's new moon will show you what is going to replace it. Chances are you will be delighted with this new state of affairs.

Pisces Feb. 20 - March 20
What happens over the next few days may be unsettling but if you keep your wits about you there is no reason why you should not profit from the situation. Use your Pisces sensitivity.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3	1	2	9	8
5			3	
4	6	8	9	
1			8	
5	4	3	2	
2			5	
7	8	9	1	6

Difficulty Level ★★★★

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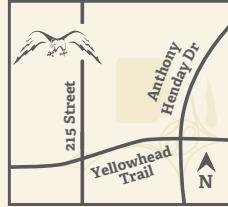


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